

**ABSTRACT:**

The invention relates to a restraint device (1) for a seat belt (2) in a vehicle,  
5 comprising a housing (10) for guiding said seat belt (2) and for  
accommodating an energy-absorbing element (12) adapted to cooperate with  
said seat belt (2) so as to absorb energy when a predetermined retardation  
condition of the vehicle is fulfilled. Said device (1) comprises means (15, 16,  
23, 27, 28) for attaching the energy-absorbing element (12) to said seat belt  
10 (2) when said condition is fulfilled, said energy-absorbing element (12) being  
adapted to be attached in a lamellar manner to said seat belt (2) along a  
predetermined length thereof. The invention also relates to a method for  
restraining a seat belt (2). By means of the invention, a cost effective and  
safe device and method for restraining a seat belt in the event of a vehicle  
15 collision is obtained.

(Fig. 2)